

---

## **PHYSICAL EDUCATION**

**(Two hours)**

*Answers to this Paper must be written on the paper provided separately.*

*You will **not** be allowed to write during the first **15** minutes.*

*This time is to be spent in reading the question paper.*

*The time given at the head of this Paper is the time allowed for writing the answers.*

---

***Attempt all questions from Section A and two questions from Section B.***

*The intended marks for questions or parts of questions are given in brackets [ ].*

---

### **SECTION A (50 Marks)**

*Attempt all questions from this Section.*

#### **Question 1**

- (a) What is meant by personal hygiene? [2]
  - (b) What is a cramp? [2]
  - (c) State *any three* main causes of cramps. [3]
  - (d) Name the organism which causes Malaria. [3]
- Mention *any two* symptoms of Malaria.

#### **Question 2**

- (a) Define first aid. [2]
- (b) State *any two* ways to maintain *oral hygiene*. [2]
- (c) List *any three* ways of maintaining personal cleanliness. [3]
- (d) Suggest *any three* measures to avoid accidents caused by fire. [3]

---

**This Paper consists of 11 printed pages and 1 blank page.**

### **Question 3**

- (a) What is meant by Immunization? [2]
- (b) Define Posture. [2]
- (c) Write the full form of RICE. [3]
- (d) State *any three* symptoms of Rheumatic Fever. [3]

### **Question 4**

- (a) Define Antibiotics. [2]
- (b) State *any two* causes of obesity. [2]
- (c) State *any three* harmful effects of consuming alcohol. [3]
- (d) List *any three* transmission modes of venereal diseases. [3]

### **Question 5**

- (a) Write the full form of ABC and CPR. [2]
- (b) Name *any two* diseases spread by Virus. [2]
- (c) Mention *any three* causes of sports injuries. [3]
- (d) Write the calories required for the following age groups:
  - (i) A child aged 10 years.
  - (ii) An adult female (50 Kg).
  - (iii) An adult male with heavy sports activity.[3]

## **SECTION B (50 Marks)**

*Attempt two questions from this Section.*

*You must attempt one question on each of the two games of your choice.*

### **CRICKET**

#### **Question 6**

- (a) Explain the following terms in Cricket: [8]
- (i) A bouncer
  - (ii) Duck
  - (iii) A yorker
  - (iv) A century.
- (b) (i) Explain the term *overthrow*. [9]
- (ii) Enumerate *any three* duties of a Leg Umpire.
  - (iii) Under which condition can an umpire declare *bad light*?
- (c) (i) State the full form of ICC and BCCI. [8]
- (ii) When is a batsman considered to be *out bowled*?
  - (iii) Explain the term *Hat-trick*.
  - (iv) What is the importance of the *30 yard circle*?

#### **Question 7**

- (a) Explain the following terms in Cricket: [8]
- (i) Intentional Disturbance
  - (ii) Timed-out
  - (iii) A stance
  - (iv) A maiden over.

- (b) (i) What is the rule of *follow on* in a five days test match? [9]
- (ii) State *any three* ways by which runs are scored.
- (iii) Write down *any three* fielding positions of *on side* in Cricket.
- (c) (i) What is the difference between a *bye* and a *leg bye* in Cricket? [8]
- (ii) Answer the following:
1. The length of the bat.
  2. The weight of the ball.
  3. Size of the bails.
  4. The height of the stumps.

## FOOTBALL

### Question 8

- (a) Answer the following: [8]
- (i) A free kick
  - (ii) Heading
  - (iii) Passing
  - (iv) Weight and circumference of football.
- (b) (i) Explain the term *off side*. [9]
- (ii) Give the proper procedure to replace a *field player* with a *substitute player*.
- (iii) Mention *any three* instances for which a *direct free kick* is awarded.
- (c) Draw a diagram of a football field showing all its dimensions. [8]

### **Question 9**

- (a) Explain the following terms in Football: [8]
- (i) Kick-off
  - (ii) Dropped ball
  - (iii) Injury time
  - (iv) Extra time
- (b) (i) How is a goal scored in the game of football? [9]
- (ii) Give *any three* situations when a *kick-off* is applied.
  - (iii) Under which three situations is a player not considered *Off-side*?
- (c) (i) Under which four situations can a referee show a red card to a player? [8]
- (ii) Differentiate between *Goal Kick* and *Corner Kick*.

## **HANDBALL**

### **Question 10**

- (a) Explain the following terms in Handball: [8]
- (i) Free throw line
  - (ii) A fast break
  - (iii) Screen
  - (iv) Safety zone.
- (b) (i) State *any three* duties of timekeeper. [9]
- (ii) When is a *seven metre throw* awarded in the game of Handball?
  - (iii) What is the purpose of the substitution line?

- (c) (i) Explain the *tie-rule* in handball. [8]
- (ii) Which parts of the body are allowed to be involved during the play?
- (iii) Explain the term *Passive Play*.
- (iv) When is a *throw in* awarded?

### Question 11

- (a) Explain the following terms in Handball: [8]
- (i) Shuffling
- (ii) Goal area
- (iii) A throw off
- (iv) An exclusion.
- (b) (i) State *any three* basic skills used in the game of Handball. [9]
- (ii) How many team time-outs is a team entitled to take in a match?  
What is its duration?
- (iii) What is meant by *Running* in a game of Handball?
- (c) (i) State *any four* duties of the referee in Handball. [8]
- (ii) List *any four* situations when a referee gives a two-minute suspension to a player.

## HOCKEY

### Question 12

- (a) Explain the following terms: [8]
- (i) A long corner
- (ii) A raised ball
- (iii) Astro turf
- (iv) Sudden death.

- (b) (i) Explain the term *corner push*. [9]
- (ii) Mention *any three* situations when a penalty stroke is awarded.
- (iii) What are the basic compulsory equipment required by a player in Hockey?
- (c) (i) What is the procedure to resume the game when the ball is played over the back line unintentionally by a defender? [8]
- (ii) Name *any four* playing positions in the game of Hockey.

### Question 13

- (a) Explain the following terms: [8]
- (i) Side line hit
- (ii) Rolling substitution
- (iii) A corner
- (iv) A goal line
- (b) (i) State the importance of the *shooting circle* in Hockey. [9]
- (ii) Explain the term *Dribbling*.
- (iii) Write *any three* duties of a captain.
- (c) Explain the following: [8]
- (i) A ball out of play.
- (ii) Advantage
- (iii) Yellow card
- (iv) Flick

## **BASKET BALL**

### **Question 14**

- (a) Explain the following terms: [8]
- (i) A substitution
  - (ii) A chest pass
  - (iii) A held ball
  - (iv) A jump ball.
- (b) (i) Explain the term *low dribble*. [9]
- (ii) What do you mean by man to man marking?
  - (iii) Mention *any three* duties of the scorer in a Basketball match.
- (c) (i) State *any four* occasions when a ball becomes dead during the match. [8]
- (ii) Write the dimensions of:
    1. The length of the Basketball court.
    2. The breadth of the Basketball court.
    3. The radius of centre circle.
    4. The diametre of the ring.

### **Question 15**

- (a) Explain the following terms: [8]
- (i) A direct shot
  - (ii) Charging
  - (iii) A technical foul
  - (iv) A team foul.

- (b) (i) Name *any three* time-rule fouls in Basketball. [9]
- (ii) Name *any three* fouls which involve personal contact with the opponent.
- (iii) Name *any three* violations which are done without obstructing an opponent.
- (c) (i) What is *intentional foul*? What is the penalty for it? [8]
- (ii) What is the procedure applied to start the game?

## **VOLLEY BALL**

### **Question 16**

- (a) Explain the following terms: [8]
- (i) Free zone
- (ii) Back line
- (iii) Antenna
- (iv) A catch.
- (b) (i) How many contacts are permitted in returning the ball over the net? [9]  
Explain the procedure.
- (ii) What is meant by the term *libero*?
- (iii) What do you mean by *expulsion*?
- (c) (i) Explain the procedure of *substitution* during the game. [8]
- (ii) Enumerate *any four* duties of the first referee.

### **Question 17**

- (a) Explain the following terms: [8]
- (i) A collective block
- (ii) Assisted hit
- (iii) Dead ball
- (iv) Time out.

- (b) (i) What is meant by *ball in play*? [9]  
(ii) What is ‘*screening*’?  
(iii) List *any three* faults that a player is likely to commit while playing the ball.
- (c) Explain the following terms: [8]
- (i) A Side-out  
(ii) A Penalty  
(iii) Carrying the Ball  
(iv) A Penetration-Fault.

## **SOFTBALL**

### **Question 18**

- (a) Explain the following terms: [8]
- (i) A fly ball  
(ii) Dug out  
(iii) Pivot foot  
(iv) An innings
- (b) (i) What do you mean by a *chopped ball*? [9]  
(ii) When is a pitcher credited with loss?  
(iii) Explain the term *Double play*.
- (c) Explain the following terms: [8]
- (i) Catching  
(ii) Strike zone.  
(iii) Interference  
(iv) An overthrow

**Question 19**

- (a) Explain the following terms: [8]
- (i) Leaping
  - (ii) A suspended game
  - (iii) A triple play
  - (iv) A batter.
- (b) (i) What is a *foul tip*? [9]
- (ii) List *any six* equipment used in the game of Softball.
- (c) (i) State *any four* duties of a plate umpire. [8]
- (ii) List *any four* conditions when a batter becomes a batter runner.